



James Champion Personal Trainer & Health Coach

Post stretching

Stretching is part of training it helps you recover

Hold each stretch for 12-15s+

1. Standing Calf stretch



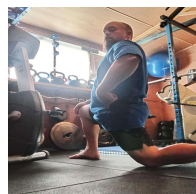
2. Standing Quad stretch



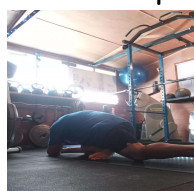
3. Kneeling Hamstring stretch



4. Kneeling hip flexor stretch



5. Glute stretch - pigeon pose





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6. Lat stretch - chin into chest cuddle the teddy



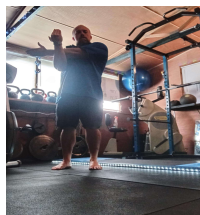
7. Traps



8. Standing lats



9. Chest & Shoulders



10. Shoulders - deltoids



11. Triceps

This is only set out to remind you of the stretches we have done